

TALENT IN
THE RUNNING
MACPASS MILES RACES
SUNDAY {page 27}



MARQUEE WAHLBERG: FROM FUNKY TO FUNNY METRO SCENE {page 13}

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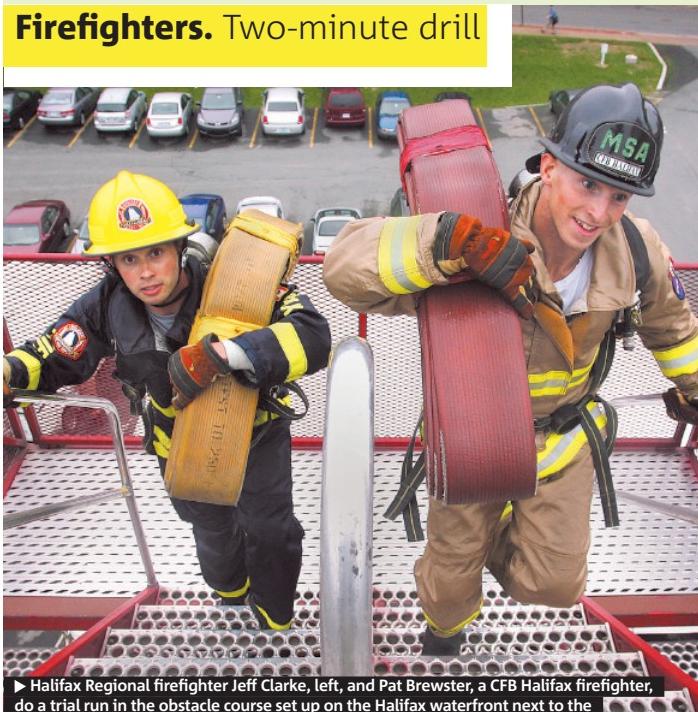
Weekend, July 30-August 2, 2010
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Firefighters. Two-minute drill



► Halifax Regional firefighter Jeff Clarke, left, and Pat Brewster, a CFB Halifax firefighter, do a trial run in the obstacle course set up on the Halifax waterfront next to the Nova Scotia Power building on Thursday.

RYAN TAPLIN/METRO HALIFAX

Mulgrave Park on high alert

► Dozens of people take part in community meeting in response to shooting death ► Enhanced policing called for ► Cops say murder was not a random act

JON TATTRIE
HALIFAX@METRONEWS.CA

Dozens of residents, police and politicians gathered in Mulgrave Park on Thursday night to discuss the community response to the murder of Ryan Matthew White.

The 21-year-old was shot dead by a single gunshot wound to the chest on July 22 in the 100 block of Jarvis Lane in the park. Police have made no arrests but said the investigation is ongoing. They don't believe the shooting was a random incident.

Posters calling for witnesses to come forward are displayed throughout the area. Police are also asking for the public's help.

"The community is concerned about what's been going on," said Halifax Regional Police deputy chief Chris McNeil.

The meeting, which was closed to media, heard calls for more lighting, more security cameras and an enhanced police presence, possibly including a station in

"It took a murder to get you guys down here, but maybe something positive can come out of it."

PAUL TALBOT, MULGRAVE PARK RESIDENT

the housing complex.

"My commitment is to figure out how we can make that work for them," McNeil said.

He wouldn't say what concrete steps police would take to do that.

Ann Duffy, whose son Daniel Borden was shot dead in Newfoundland earlier this year, said police need to become a permanent, integral part of the community.

Duffy, who's lived in Mulgrave Park for 24 years, said there has been a strong police presence since the shooting.

"When the wreaths go away and the teddy bears go away and people calm down, are the police just going to disappear again?" she asked.

Firefighters ready to square off

More than 120 Canadian and American firefighters will compete in the CFB Halifax Firefighter Combat Challenge on Saturday and Sunday. They have to carry a 42-pound hose up six flights of stairs with all their gear on, run down and complete an obstacle course — all in under two minutes.

Natal Day

Metro will not publish Monday, but will return Tuesday. See page 6 to find out what's going on around town this weekend.

Charges laid for skimming

Halifax ATMs targeted, police say {page 4}

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Province boasts deficit reduction

- Announces \$241.9-million deficit for 2009-10
- Finance minister touts 'significant improvement'
- Opposition accuses NDP of inflating budgets for political gain

 **ALEX BOUTILIER**
@METRONEWS.CA

Finance Minister Graham Steele is crediting spending restraint and increased revenue for cutting down the province's deficit by almost 60 per cent.

Last year's additional appropriations, or how much each department went over budget, was just \$23.8 million, down from \$407.9 million in 2008-09.

"We've reduced expenses, increased revenues, and are the first government in a decade really to get control of unbudgeted spending," Steele said Thursday in releasing the numbers.

Higher than expected revenue — notably, \$83.2

million in income tax — also contributed to cutting the deficit.

Additional appropriations are sometimes referred to as "March Madness," when departments rush to spend their remaining budgets before the fiscal year end.

Despite the belt tightening, however, 14 out of 20 government departments spent more in 2009-10 than the year before.

Liberal Leader Stephen McNeil accused the NDP of fixing the numbers to justify the two per cent HST increase that took effect July 1.

"There's no question ... (that) all of their costs were inflated to be as high as possible, and revenue numbers were as low as possible," McNeil said.

Big spender

- Government handing out more cash than before.
- Numbers Fourteen out of 20 government departments spent more last year than a year before.
- Increases Some of the largest increases were in Health (\$203.4 million),

Labour and Workforce Development (\$78.90 million), Community Services (\$54.3 million), and Municipal Relations (\$34.2 million).

- Decreases The biggest decreases were in Assistance to Universities (\$35.1 million), Economic and Rural Development (\$17.6 million), and Energy (\$11.2 million).



Report urges fund for businesses, tax cuts

Nova Scotia's government should set up a \$50-million venture capital fund and cut some corporate taxes, a report on economic development recommended Thursday.

Donald Savoie, a professor of public administration at the University of Moncton, said in his 45-page study that Nova Scotia's businesses need to invest more in research.

THE CANADIAN PRESS

Advice

Dexter consults professor.

- Business Darrell Dexter asked Savoie to come up with ideas on how the government could help the province's private sector after an economic advisory report in November 2009 noted Nova Scotia's dire financial situation.



News in brief



Clarke eyes federal seat

POLITICS. Cape Breton North MLA Cecil Clarke made it official Thursday, announcing he will seek

the Conservative nomination in federal riding of Sydney-Victoria in next election.

Clarke won't resign from his Cape Breton North seat immediately because the federal government has given no hint it wants to hold a snap election this fall.

Elections Nova Scotia spokesperson Dana Doiron said Clarke must step down as MLA prior to officially being declared a candidate in the federal race. The Nova Scotia Liberals are calling on Clarke to step down from his seat immediately.

● METRO HALIFAX

1 news



News on the move

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On the web at metronews.ca



It's Called Football welcomes Vancouver writer Marc Weber to discuss the Whitecaps' march towards MLS. More at metronews.ca/blogs

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Chairman Mao and Ted Kennedy get starring roles in global political cartoon contest. Scan code for local news

Charges laid after alleged card skimming

► Halifax CIBC ATMs targeted ► Credit and debit card skimming takes a lot of preparation, knowledge and sophisticated technology: Police



JENNIFER TAPLIN
@METRONEWS.CA

If you bank with CIBC, check your debit and credit card statements: You might be a victim of card skimming.

Police arrested an Ontario man at the Via Rail train station Wednesday and seized devices allegedly used to skim credit and debit cards at CIBC ATMs in Halifax. About \$25,000 in cash was also seized.

Det. Const. Dana Drover told reporters yesterday the accused, 22-year-old Volodymyr Zozulya, al-

Precautions

► Det. Const. Dana Drover recommends people change their PIN numbers regularly and cover their fingers when they enter their number in a machine.

legedly fixed ATMs and filmed customers entering their PIN numbers. From there, Zozulya allegedly created clones on gift cards and took out money from ATMs around Halifax.

"There are three to four incidents a year (like this) that come to our attention," Drover said. "It's a

wide-spread problem, unfortunately."

Police don't know how many victims there are or how much was allegedly stolen.

"If you see any unusual transactions on your monthly statements or if you do online banking, notify your credit card provider or your financial institution," Drover said.

"It may be a couple hundred dollars on average."

A woman with Zozulya was arrested, but later released. Zozulya faces a number of charges includ-

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ing fraud over \$5,000 and forging credit cards.

"Right now we're expanding our investigation outside Nova Scotia. As far as we know, we're looking at Ontario, Quebec and points west," Drover said.

Intrepid swimmer back home

The first Nova Scotian to swim across the English Channel is back on Canadian soil.

Friends and family of Halifax's Kristin Roe greeted her Thursday at Toronto's Pearson International Airport with flowers and signs saying "Congratulations," and waving Canadian and Nova Scotian flags.

The 29-year-old comple-

17 hours Kristin Roe swam in water as cold as 16 C.

ed her swim in the chilly Channel waters last week. Roe said she fought powerful tides and battled hunger and dehydration to reach her goal.

"I was sick from about

least," Roe said.

"I would ... throw up every 20 minutes."

Roe completed the swim to raise money and awareness for Africa's HIV/AIDS pandemic.

"I'm completely in awe," said mother Janet Lebeau.

"I'm so glad it's over. I'm very proud."

THE CANADIAN PRESS



Kristin Roe, right, is greeted by a loved one in Toronto on Thursday.

HOLIDAY CAUTION

Stay safe on roads during weekend, police say

Halifax Regional Police are reminding motorists to drive safely over the long holiday weekend.

There are many events taking place across Halifax and Dartmouth Saturday

through Monday, and police expect heavier-than-usual traffic on the roads.

Police also remind motorists that several streets in Halifax and Dartmouth will be closed Monday morning for the Natal Day parade.

The parade begins at 10 a.m. on Novalea Drive, then travels down Gottingen Street, across the Macdonald Bridge, along Wyse Road to Alderney Drive, and then Prince Albert Road, finishing at Sullivan's Pond. ■ METRO HALIFAX

Baltzer to stay at hospital

Mark Baltzer will be spending more time at the Waterford Hospital in St. John's where he has been remanded once again.

Baltzer appeared Thursday in Stephenville provincial court where he is now facing 27 charges for a bail hearing.

It was determined Baltzer's Sept. 21 trial in Port aux Basques has been advanced to Sept. 3 in Stephenville.

The 53-year-old from King's County is charged with making a number of

Driving charges

► Mark Baltzer also has outstanding charges related to driving while prohibited against him from Corner Brook, as well as two prior convictions of impaired driving in Nova Scotia.

threats to cause death or bodily harm to police officers, a holding cell guard, as well as other weapons-related and alcohol-related charges.

THE WESTERN STAR

MP comes bearing news

Federal Trade Minister Peter Van Loan will be in Dartmouth Friday to make an announcement on foreign investment in Halifax. He will also make an announcement Friday at Dalhousie University.

■ METRO HALIFAX

3 charged in store blaze

Police have charged three people — a girl, boy and a man — with arson after fire destroyed Risers General Store in West Dublin. Fire broke out Wednesday evening and the building was destroyed.

■ METRO HALIFAX

News in brief

Drifting boat spurs probe

PORT BICKERTON. RCMP are investigating the discovery of an empty sailboat that was found adrift along the southern coast of Nova Scotia.

The four-metre boat turned up in the Port Bickerton area Wednesday around 5 a.m.

Police said there was no one around and there were no reports of anyone missing in the area. ■ THE CANADIAN PRESS

2 accused in Pharmasave robbery

CRIME. Two people are facing several charges in relation to a robbery at Windsor Pharmasave this week.

Candace Burgess, 34, and Michael Flynn, 32, both of Ellershouse, Hants Co., appeared in Kentville provincial court Thursday and face charges including two counts of robbery with an offensive weapon and using an imitation of a firearm.

THE CANADIAN PRESS



Change of command at CFB Halifax

► Outgoing captain 'thrilled to death' that Capt. Santarpia now leading the base

JENNIFER.
TAPLIN
@METRONEWS.CA

Command of CFB Halifax changed hands on Thursday.

Outgoing Capt. (N) John Newton was promoted to Commodore and will be heading to Ottawa for a promotion. Capt. (N) Brian Santarpia, who served on a number of ships including HMCS Halifax, signed in as the new base commander during a ceremony on Thursday morning.

"There are some less-



sons I learned and one is you cannot separate the base from the commun-

ty," Newton said of the past two years of his command.

Newton, who is involved with a number of community groups including the United Way, joked he has "incredibly small shoes" to be filled.

Santarpia disagreed.

"You're wrong about your shoes, they're large indeed," Santarpia told the crowd gathered inside the CFB Halifax Drill Shed on Thursday morning.

He added he would continue to make sure the base remains tied to the community.

Cops encounter rowdy teens

RCMP say members of a large group of rowdy teens hurled beer bottles at a police car Thursday during an outdoor party in eastern Newfoundland. Sgt. Wayne Newell says a police officer and firefighters approached the group of between 75 and 100 teens around 3 a.m.

THE CANADIAN PRESS

Mountie saves family from fire

A New Brunswick RCMP officer roused a Moncton family of three from their sleep early Thursday when he discovered that their home was ablaze. The officer noticed the fire, rushed into the house and woke the family. The family and the officer emerged from the building unscathed.

THE CANADIAN PRESS

Hospital looking into miscarriage

Charlottetown's Queen Elizabeth Hospital has launched a full investigation after a woman was forced to experience a miscarriage in the hospital's packed emergency department waiting room. Christine Handrahan waited more than three hours not knowing whether she was losing her first baby.

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Natal Day events

Friday

Natal Day Kick-Off

The event was postponed to Friday due to rain on Thursday.
Sackville Landing, 12 p.m.

Concert at the Natal Day Festival Tent

Featuring The Stogies, Telfer, Hupman Brothers, Mike Trask & Garrett Mason.
Halifax waterfront, 4 p.m.

Saturday

CFB Halifax Pancake Breakfast

Held in celebration of Navy 100.
Natal Day Festival Tent, Halifax waterfront, 8 a.m.

Mother Goose Festival

Nursery rhyme fun for kids between the ages of one and 10.
Alderney Landing, 10 a.m.-1 p.m.

HMCS Athabaskan

Visit a Canadian Navy Destroyer ship.
Pier 19, Tall Ships Quay, 11 a.m.-3 p.m.

Amateur Talent Show

Alderney Landing, 1-7 p.m.

Natal Day Concert

Featuring Georges Hebert, Opus One, Mike Cowie Band, Doris Mason Band, Shirley Jackson & the Good Rockin' Daddies, Rasta Gumbo and The Mel-lotones.
Queen's Landing, Halifax waterfront, 4 p.m.-12:30 a.m.

Matt Mays concert

Alderney Landing, 7 p.m.

Halifax Harbour Bridges Barge Fireworks

Dartmouth and Halifax waterfronts, 10 p.m.

Sunday

Annual Bridge Miles Road Race

MacDonald Bridge, 9 a.m.

Gospel Concert

Queen's Landing, Halifax waterfront, 1-4 p.m.

Mayor's Tea Party

Halifax Public Gardens, 2-5 p.m.

Urban 'Black Vibes II' Concert

Queen's Landing, Halifax wa-

Holiday Fireworks



DAILY NEWS FILE PHOTO

► A man watches Natal Day fireworks explode near the Macdonald Bridge in this file photo.

Natal Day fireworks to draw crowds

Thousands of people are expected to take in this year's fireworks for Natal Day. There will be two different displays — the Halifax Harbour Bridges fireworks on Saturday and the fireworks from Lake Banook in Dartmouth on Monday.

terfront, 5 p.m.-12 a.m.

Monday

Dartmouth Regatta

Lake Banook, 9 a.m. to 4 p.m.

Concert in Dartmouth

Featuring Shirley Jackson & the Good Rockin' Dad-

dies, Gordon Tucker, the Swell Guys featuring Donna Scaglione, Frank Mackay Band and Stuart MacLean.

Sullivan's Pond, Dartmouth, 12:30 to 7 p.m.

Dartmouth Road Races

Registration at 7:30 a.m.
Christ Church, 61 Dundas St.,
8 to 9:30 a.m.
www.fastcompanyrunningclub.ca

Pirates of Sullivan's Pond Family Fun Day

Sullivan's Pond, Dartmouth,
12 to 7 p.m.

Natal Day Parade

Beginning on Novalea Drive
in Halifax and ending at Sulli-
van's Pond in Dartmouth, 10
to 11:30 p.m.

Mayor's Tea Party

Sullivan's Pond, Dartmouth, 1
to 3 p.m.

Bridge Walk

MacDonald Bridge, 2 to 4
p.m.

Tribute Night

Festival Tent, Halifax
waterfront, 3 p.m.-12:30 a.m.

Sea Cadet Ceremony of the Flags

Sackville Landing, Halifax wa-
terfront, 7 to 8 p.m.

Lake Banook Fireworks

Lake Banook, Dartmouth,
9:45 p.m.

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► City-provided bicycles are becoming more popular throughout Europe.

MATTHEW BUSCH/THE ASSOCIATED PRESS

Getting around the green way

A man removes a Brussels's Villo city bike from a rack in Brussels, Belgium, Thursday. City bikes like these that are provided for and maintained by the city are becoming more and more popular in major cities across Europe as commuters seek different modes of transportation.

Canadians need to curb daily use of salt: Experts

- Health panel offers host of recommendations
- Thousands of premature deaths may be prevented

The movers and shakers of the salt world want to pinch Canadians' penchant for sodium.

A panel of experts has offered Health Canada a host of recommendations on how to reduce people's salt intake.

It said manufacturers should lower the sodium content of their products over time to meet voluntary salt targets and Health Canada should set up an online mechanism for companies to commit to the sodium-reduction strategy.

It also wants provincial

1/3

That's how much Health Canada wants to cut our daily sodium intake by, to help save lives.

food and drug regulations to require that restaurant menus provide sodium content information.

The initial aim is to lower people's average daily sodium intake by about a third, to 2,300 mgs, by 2016. For adults, 1,500 mgs

of sodium a day is considered adequate, while 2,300 mg is the upper limit.

Research suggests that reducing the amount of dietary sodium to recommended levels could prevent premature deaths from heart disease and strokes in 30 to 40 Canadians a day — saving 11,000 to 15,000 lives a year.

The 25-member panel, chaired by Health Canada, included representatives from food manufacturing and the food service industry, scientists, consumer groups and government.

THE CANADIAN PRESS

ENVIRONMENT

Enbridge spill worse than first expected

U.S. officials believe an Enbridge oil spill that has contaminated a major Michigan river was larger than first estimated, and the governor is warning



of a "tragedy of historic proportions" should the oil reach Lake Michigan, some 130 kilometres away and the vacation communities that depend on it. THE ASSOCIATED PRESS

No-fly zone imposed for Chelsea

Chelsea Clinton's wedding to Marc Mezvinsky on Saturday at an estate along the Hudson River north of New York City, will be under a no-fly zone from 3 p.m. to 3:30 a.m. Sunday. THE ASSOCIATED PRESS

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MUMMIFICATION

Japan's oldest man a fraud

A man listed as the oldest living male in Tokyo in fact died some 30 years ago, city officials said after his body was found in his bed.

Police visited the home of Sogen Kato at the request of ward officials updating their list of centenarians.

Officials grew suspicious and sought an investigation by police, who forced their way into the house Wednesday. Police said the mummified body believed to be Kato was lying in his bed, wearing underwear and pyjamas, covered with a blanket.

THE ASSOCIATED PRESS

Monsoons batter Pakistan

Rivers burst their banks during monsoon rains lashing Pakistan, washing away streets and submerging thousands of homes, officials said Thursday.

The hardest hit region was the northwest, where at least 60 people died and hundreds of thousands were stranded.

THE ASSOCIATED PRESS

Judge lets man wear saggy pants

Wearing saggy trousers is not a crime, just foolish.

That's how a New York City judge ruled in throwing out a summons issued to a man wearing low-slung trousers that exposed his underwear.

The Bronx man, Julio Martinez, was issued the ticket on April 20.

THE ASSOCIATED PRESS

Woman admits to killing her 8 babies

► Prosecutor Eric Vaillant delivers a statement Thursday at Douai Court in France.

Accused's husband freed Says he knew nothing about pregnancies

A French woman who admitted suffocating eight of her newborns and concealing their corpses in the garden and garage of her home has been charged with manslaughter, a prosecutor said Thursday.

Dominique Cottrez, a 46-year-old nurse's aide, said that after a bad experience with her first pregnancy she never again wanted to see a doctor. She admitted delivering the babies herself and placing the corpses in plastic bags. She buried two of the newborns in the garden and hid the other bodies in the garage, prosecutor Eric Vaillant said.

The drama recalled baby killings of the past but surpassed all other known cases in France in recent years in the number of infants killed by their mother.

"It's revolting. It is monstrous. For me ... they aren't human beings. It's monstrous to have killed eight viable babies."

JANIQUE KASZYNSKI, THE ACCUSED'S NEIGHBOUR

Cottrez and her husband, Pierre-Marie Cottrez, were detained Wednesday after two corpses in plastic bags were discovered in a garden by the new owners of a house that had belonged to the woman's father. Under questioning, the woman admitted there were six other corpses and told investigators they were in plastic bags in the garage of her home, where they were found.

THE ASSOCIATED PRESS

Surviving DC sniper opens up in interview

Convicted DC snipers Lee Boyd Malvo and John Allen Muhammad were supposed to have had help carrying out their deadly attacks, and they may have been involved in more shootings than authorities suspected, according to an interview with actor William Shatner that aired Thursday.

In a telephone call from a Virginia prison, Malvo told Shatner two others planned to help with the killings but they backed out and at least one was killed.

Also, Neil Blumberg, a psychiatrist who worked with Malvo, said he confessed to at least 42 shootings during the spree that culminated with 13 shootings and 10 deaths over a three-week span in 2002.

Previously, Malvo and Muhammad had been



linked to as many as 27 shootings resulting in 17 deaths in 10 states and the District of Columbia.

Malvo's statements have been inconsistent in the past, and authorities have cast doubt on some of his reported confessions since he was sentenced to life in prison. Muhammad was ex-

ecuted in Virginia last year.

The sniper-style attacks all but paralyzed the nation's capitol, as people were shot at random while going about their everyday life — pumping gas, buying groceries, and, for one young boy, as he went to school.

THE ASSOCIATED PRESS

Deficit could be gone soon

Ottawa's battle to rein in record deficits could be won a full year ahead of schedule, the Conference Board of

Canada says in a new analysis of how the economic recovery is impacting government finances.

The Ottawa-based think-tank's look at the nature of the economic rebound shows that Ottawa stands to eliminate the deficit — and actually post a \$5-billion sur-

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The day Hiroshima died

- In August 1945, the United States dropped an atomic bomb over Hiroshima and Nagasaki
- During World War II, cities like Dresden and London also lost thousands of residents and much of their glory
- But Hiroshima and Nagasaki remain the only cities to have been attacked with nuclear weapons



► Hiroshima after the atomic bomb was dropped.

 **ELISABETH BRAW**
METRO WORLD NEWS

On August 6, 1945, Noriko Ueda was a 13-year-old girl going about her daily duties at a printing shop in Hiroshima.

Suddenly the earth shook.

The United States had dropped an atomic bomb on the Japanese city.

Ueda received only slight injuries, but she soon found out that her father, mother and sister had been buried under the family's house.

Before long, more than 90,000 people — estimates range to over 160,000 — were dead, most of them from burns and radiation.

Ueda's family was lucky: Her mother and father were able to walk.

That her mother's body was full of shards from shattered windows was a small concern as the family made its way past corpse

after corpse, trying to reach safety in the nearby mountains.

"I saw a naked man who looked like a ghost running through the streets, but somehow the corpses didn't bother us that much," says Ueda.

That reality was that Hiroshima was destroyed.

The United States, in an effort to end the Second World War more quickly, had released the most lethal weapon known to man.

Three days later, the U.S. dropped an atomic bomb on Nagasaki, resulting in the deaths of some 60,000-90,000 people.

"The United States had tested bombs and knew what the physical impact would be," explains Princeton history professor Michael Gordin.

"But they didn't think of the injuries radiation would cause."

The U.S., however, did succeed in ending the war: On August 14, Japan capit-

ulated.
"Initially there was almost no negative reaction against the bombs," says Gordin.



"Everybody who survived just lost their feelings."

NORIKO UEDA

developed nuclear weapons, using them became too dangerous."

August 6 and 9, 1945, remain the first and last times nuclear weapons have been used.

Ueda's family never found her other sister and to this day, they don't know what happened to her. Today Ueda, a homemaker who still lives in Hiroshima, gives tours to school classes at Hiroshima's Peace Memorial Museum.

"I see myself as a witness of history because I have the good fortune to be alive," she explains. "But I also try to explain the war to the children, and why it began."

The Catholic church was the first to criticize the attacks, pointing out that killing civilians is always wrong."

Today, Hiroshima and Nagasaki represent the unnecessary cruelty of war.

"President Truman never said he regretted using atomic bombs, but during the Korean War several years later he chose not to use atomic bombs, apparently for moral reasons," says Gordin.

"Then, when the Soviets



CHAD DIEHL

Chad Diehl, editor of And The River Flowed As A Raft Of Corpses: The poetry of Yamaguchi Tsutomu, survivor of both Hiroshima and Nagasaki

struction plan was called the Hiroshima Peace Commemoration City Construction Law, and since then the city has been known as "Peace Commemoration City." The city quickly became the centre of Japan's peace movement.

How do Hiroshima residents feel about being seen as peace symbols? The government has been instrumental in creating Hiroshima as a peace symbol, but the residents have done their part. For the survivors this is a way to give meaning to their suffering.

What was Hiroshima like after the attack?

Over 90 per cent of the buildings were completely or mostly destroyed in the blast and subsequent fires. Doctors who managed to organize relief stations had never treated radiation poisoning and didn't understand what they were treating.

How did the city develop afterwards?

Hiroshima's 1949 recon-

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We rely on the private sector to feed us, to dress us, to provide us with a roof over our heads.

We let private companies repair our vision and pull our teeth. But allow the private sector into a hospital? Never! We prefer letting our fellow citizens die on a waiting list.

The health care system is cracking and throwing

HEALTH CARE: STOP FEARING PRIVATE SECTOR

I spent an entire month in the emergency room last night. I came in carrying my four-month-old son on my shoulders. He was crying and had trouble breathing. I whispered to him: "Keep it up, son. They'll take care of us in no time." Fifteen hours later, he was still coughing. The waiting room was filled. My shoulder was sore. I started thinking about my next column.

money at the problem won't fix it. Competition could help.

We can harness the knowledge and talent of our entrepreneurs, doctors and nurses. I say let them

"The health care system is cracking."

compete against each other in an effort to attract us into their hospital.

Would this leave us with an American-style health-care system? No. Rather, with one similar to what Europe's social-democratic countries enjoy.

In Denmark, if you wait

more than one month for an operation, they send you to a private hospital.

In Sweden, the most efficient hospital is listed (horror!) on the stock exchange.

In France, 40 per cent of hospitals are privately owned and for profit. Each citizen has access to these hospitals' doctors and first-class equipment — all paid for by the State.

The State's role is to ensure universal coverage for its citizens, not to supply the service itself. Local entrepreneurs have talent and expertise enough to do that.

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Toyota recalls Avalon for steering issue

► Fix will take about two hours ► Steering lock bar could break ► Notices will go out in August

Toyota Canada will conduct what it calls a voluntary safety campaign involving about 4,200 Avalons from the 2000-2004 model years.

The automaker says there is a possibility the steering lock bar could break under certain conditions, and that no other Toyota or Lexus vehicles are involved.

Toyota says because of improper casting of the steering lock bar, a minute crack may develop on the surface and expand over a long period.

The lock bar could break, and if that happens, the interlock system

Lexus problems

Lexus Canada says about 520 of its LX 470 vehicles from the 2003-2007 model years may have a problem with the steering shaft.

► Lexus will begin sending out notifications to owners of involved vehicles beginning in mid-August to bring their vehicles to their local dealer to have the snap ring fixed at no charge.

may become difficult to unlock when the vehicle is stationary.

Toyota says it will re-

place the steering column bracket on involved vehicles, a procedure that takes about two hours to complete.

Toyota says it will notify owners by first class mail by late August to bring their vehicles in to their dealer for a free replacement of the steering column bracket.

Toyota has been plagued by a massive quality crisis this year, resulting in the recall of 9 million vehicles around the world since October, mainly in the U.S. for problems such as gas pedal defects and braking software glitches.

Cheaper Kindle models coming

Jeff Bezos isn't just confident you'll want a Kindle e-book reader. The CEO of Amazon.com says you'll also want ones for your kid heading to college, your spouse and perhaps even Grandpa.

And despite competition from Apple Inc.'s flashy iPad and other e-readers, that future could be soon — as early as August, when Amazon.com releases two new Kindle models.

With both versions costing less than \$200, Bezos expects people to buy multiple devices for their households. If he's right, the new Kindles could help cement the company's status as the reigning e-reader and e-book champ.

THE ASSOCIATED PRESS

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The psychological tipping point for gadget-buying. James McQuivey, a Forrester Research analyst, says any competing device that doesn't have the Kindle's connectivity "has to drop to \$99 by the end of the year."

Tech. iPorn



Made for each other

Since Apple Inc. launched the iPhone 4 and its FaceTime videoconference feature, it hasn't taken long for adult-entertainment companies to develop video-sex chat services and start hiring workers through Craigslist.

Market moment

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5 MINUTES WITH: PETER KELLY

With this being the Natal Day weekend, who better to speak than Mayor Peter Kelly about all the events taking place. And it's also a chance for the mayor to talk about what makes us so grand.

Why do you think the Natal Day holiday is so important? It's just a chance for everyone to be able to connect with each other throughout HRM. It's a time of festivities to offer who we are and what we have to offer here. It's a way of just getting out there and being a part of all that we are.

"It would have to be the parade, as well as the fireworks. But the parade certainly brings out thousands to watch and it's a chance to connect and celebrate who we are?"

How do you think HRM is doing overall?

I think we're doing great. We've come along way. We're not perfect, but we certainly strive to do better and get better each day.

How busy do you get on the Natal Day weekend?

It's probably one of the busiest weekends of my

calendar year. It's event after event after event.

What is your favourite event from the Natal Day holiday?

It would have to be the parade, as well as the fireworks. But the parade certainly brings out thousands to watch and it's a chance to connect and celebrate who we are?

Do you really enjoy going to the tea parties?

Yup, absolutely. You get to meet people who you haven't seen in a while. You get to reconnect and just see what is going on in their lives — and to share that common experience. So every opportunity to connect is a good opportunity.

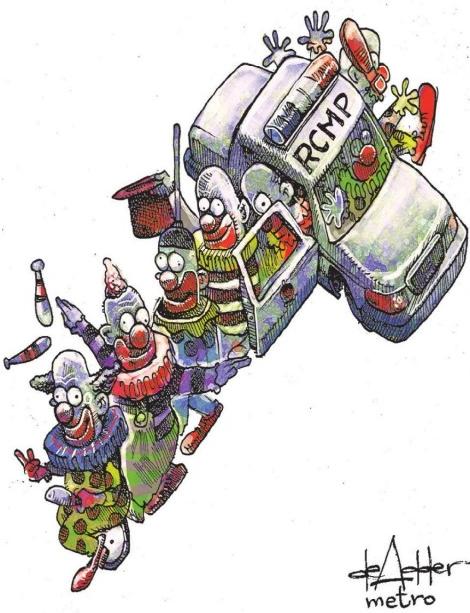
How much food would you say you eat over the whole weekend?

Not much cake, but I do have the chance to try many other food products. Probably lots of fish, that's for sure. ● METRO HALIFAX

Cartoon

MICHAEL DE ADDER

THE CIRCUS



Letters & Tweets

We asked: If you could come back as a person, place or thing, what would it be?

TORONTO. If I could come back as anything it would be the Earth. Then I would proceed to stop rotating on my axis, just long enough for all you humans to fall off. It's about time we started taking care of our planet and not being so greedy and self-centred.

JAMES BROWN

Re: Debate rages over plan for proposed centre. (July 28)

BEDFORD. First of all, the proposal is not for a "14-storey convention centre." It's a massive building

Hold on tight



with two towers, one of 18 storeys and another of 14 storeys. The convention centre itself is relegated to two floors in the basement and sub-basement.

The reason this convention "cave" is included is so the developer can qualify for government funding. With that, HRMbyDesign kicks in a

bonus so the height on the towers doubles and he can also get his bankers' backing for building these towers. They will then block the view between the Citadel and the harbour and he can then make extra on the rentals by selling this view back to his tenants.

Insidious, isn't it?

ANTHONY EDWARDS

Which celebrity do you follow on Twitter? Why?

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Metro Minute with fleet review

If you didn't get on board any of the warships in town for the International Fleet Review earlier this month, HMCS Athabaskan will be open to the public Saturday through Monday.

The ship will be berthed at Pier 19, the Tall Ships Quay, from 11 a.m. to 3 p.m. each day.

This destroyer, with its motto "We Fight As One,"

responded when the earthquake hit Haiti in January.

It has a crew of 300 sailors and carries a Sea King helicopter on board.

If you want to board the ship, you must have photo ID.

Also, backpacks, large bags, and strollers are not allowed.

● METRO HALIFAX

Three days to play

IN AN HONOUR OF NATAL DAY, WHAT DO YOU LOVE ABOUT HALIFAX.



Jenn Jordan

VISITING FROM BOSTON

I think the people are friendly and it's easy to get around.



Joel Venisse

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Who said Wahlberg can't have some fun?

► **The Departed** star pairs up with Will Ferrell in cop comedy ***The Other Guys*** ► Actor sheds brooding tough guy image to 'look ridiculous'

SASHA PERL-RAVER
SCENE@METRONEWS.CA

One of the biggest surprises in store for moviegoers this summer won't be found in the last few seconds of *Inception*.

The real revelation is that Mark Wahlberg is seriously funny, a fact audiences will come to realize when *The Other Guys* hits theaters.

"If you come from a different background — doing

serious films — and you try to do a broad comedy and it's not funny, you're probably not going to get the chance to do it again," Wahlberg says of his decision to dive into the comedy fray.

Luckily he teamed up with some strong comedic talent. The movie co-stars Will Ferrell and was directed and written by Adam McKay, who helmed some of Ferrell's earlier hits, including *Anchorman* and *Talladega Nights*. Consider-

ing that Ferrell and McKay's relationship spans their days at Saturday Night Live starting in 1995, the co-founding of FunnyorDie.com and the birthing of some of Ferrell's most beloved roles, Wahlberg easily could have taken a back seat.

But rather than play the patsy and let them have all the fun, the actor exploits his brooding tough guy image, perfected in roles such as his Oscar-nominated turn in *The Departed*, and turns in a side-

splittingly funny performance that's neck-and-neck with Farrell's.

"It was really just about letting go, being fearless, not being afraid to look ridiculous and have people laugh at you instead of with you," Wahlberg explains. "Coming from the background I come from, you can be a little self-conscious. It's OK to be cool but it's not OK to be corny. That's something I've dealt with over the years as an actor; not worrying what people think."

Making his Mark

Here are some funny films that Wahlberg's acted in:

- **Date Night** (2010) Plays a security pro who's always shirtless. Not a funny character per se but the bare-body shtick brings laughs.
- **I Heart Huckabees** (2004) Wahlberg's turn as a firefighter opposed to petroleum was worthy of some chuckles.

.....
For movie trailers, listings and photos, visit metroneWS.ca/movies



Eva Longoria Parker helped the Hollywood Foreign Press Association hand out nearly \$1.5 million US in grants to non-profit film organizations this week. The Museum of Modern Art and American Cinematheque were among recipients.



Scan code to find which movies get to shine at Venice Film festival

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DROLL DUOS SHOW SOME CHEMISTRY

When people talk about chemistry in movies most often they refer to the sexual sparks that fly — or not — between the leading man and woman, but it's just as important between actors who aren't necessarily going to fall into bed clinched in a mad embrace.

That connection — as elusive and indefinable as it may be — is just as important to comic actors as

jokes or pratfalls. Laurel and Hardy had it. So did Abbot and Costello. And so do Steve Carell and Paul Rudd, who team up for a third time in this



► Owen Wilson, left, and Ben Stiller, seen here in *Starsky & Hutch*, have made quite a combo.

weekend's dinner for Schmucks. Here are some other droll duos:

Matthau and Lemmon

Jack Lemmon called Walter Matthau the "best actor I've ever worked with." Playing off the differences in their personalities and appearances they made nine films together, some classic — *The Odd Couple* — some not — *Grumpier Old Men* — but whatever the movie they had an ease about

them that couldn't be faked.

Stiller and Wilson

In early aughts it seemed like you couldn't have one without the other. Described as "the yin and yang of Hollywood Alisters" Ben Stiller — dark and edgy — and Owen Wilson — laconic and expressive — made four films together in four years — *Meet the Parents*, *Zoolander*, *Starsky & Hutch* and *The Royal Tenenbaums* —

and say that even if the film work dried up they would still find a way to work together.

Pryor and Wilder

Roger Ebert said Richard Pryor and Gene Wilder "make a good team, Wilder with what he calls his 'low-key high energy,' Pryor with his apparent ability to con anybody out of anything." The pair was magic on screen but apparently didn't always see eye to eye off screen.

RollingStone

Peter Travers

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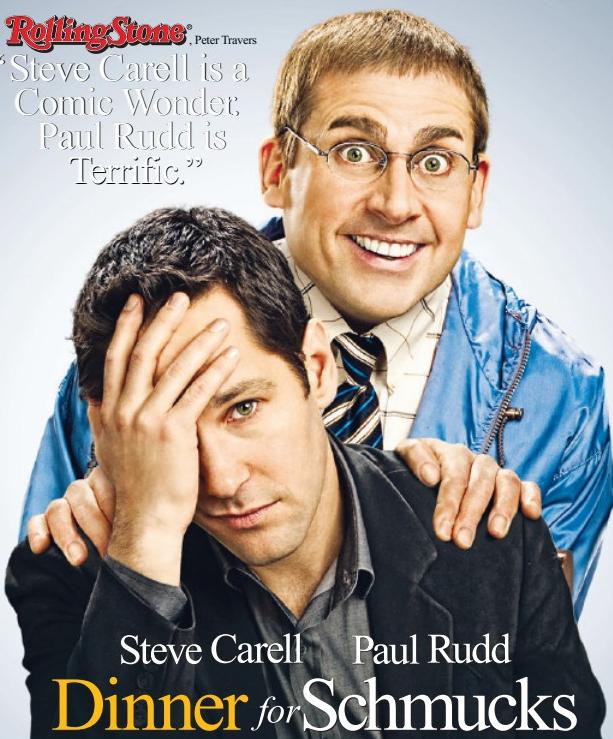
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Movie Reviews**See it twice** | **See it now** | **Worth watching** | **Yawn** | **Don't bother** **Kitty kitty bang bang****Cats and Dogs: The Revenge of Kitty Galore**

Genre: Family

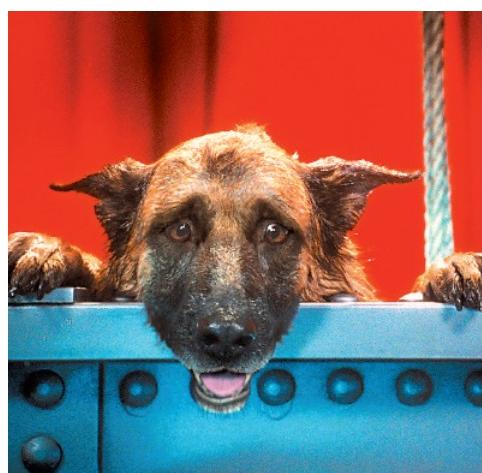
Director: Brad Peyton

Stars: James Marsden, Bette Midler

The smartest gags in Cats and Dogs: The Revenge of Kitty Galore happen when you least expect it, snuck in as throwaway lines during transitions or in the backgrounds of scenes.

For example, as our two lead dog secret agents (voiced by Nick Nolte and James Marsden) trot through headquarters, a loudspeaker announces a birth announcement, congratulating a canine agent on his new "son, daughter, daughter, son, son and daughter." Or there's the name of the head of the feline spy service, voiced by Roger Moore: Tab Lazenby.

For James Bond aficionados, that's a cute nod. Unfortunately, these gems are pretty well hidden. Most of the humour at the forefront, on the



other hand, tends toward broad puns and sight gags. But then, this is a movie that clearly caters to its young audience. Kids will love it. Parents will have to keep their eyes peeled for the rare gems.

In the follow-up to the surprisingly charming 2001 Cats and Dogs, the canines and felines have to begrudgingly team up to take on the titular Kitty Galore (voiced by Bette Mi-

dler, digging into each and every syllable), a former feline agent who is hell-bent on taking over the world after being rejected by her human minders following a freak fur-removing accident.

That leaves a brash newbie (Marsden), his veteran partner (Nolte) and a wary feline counterpart (Christina Applegate) to stop her.

**Dinner for Schmucks**

Genre: Comedy

Director: Jay Roach

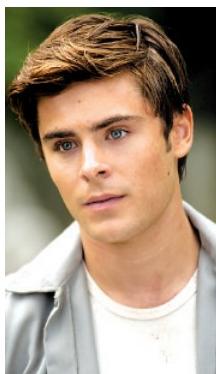
Stars: Paul Rudd, Steve Carell

One of the many, many problems with Dinner for Schmucks is that it takes its sweet time before mentioning the dinner of the title — and then is even more leisurely in getting its stars (Paul Rudd and Steve Carell) to the table — that the whole occasion begins to feel like an afterthought.

Rudd's Tim hopes to

please his boss (Bruce Greenwood) by attending a monthly dinner where each guest has to bring the biggest idiot they can find so that everyone can laugh at their expense. When he meets Barry (Carell), he thinks he might have a winning loser.

The film spends so much time establishing that Barry means well, even if he's a moron, and Tim's really a nice guy, even if he is going along with the dinner, that the audience ends up resenting them both.

**Charlie St. Cloud**

Genre: Drama

Director: Burr Steers

Stars: Zac Efron, Amanda Crew

You ought to pity poor Charlie St. Cloud. Sure, he's a sailing sensation with cutie-pie looks but the kid just lost his younger brother in an accident.

In fact, Charlie (Zac Efron) is so haunted that he begins talking to tombstones and playing catch with his sibling's ghost. Crazy yes, but in this melodramatic hokum, the

insanity is still no match against Efron's crystal blue eyes when it comes winning the beating hearts of young Tess (Amanda Crew).

Presumably, that goes for the movie's demographic as well since capturing Efron's dreamy looks in a magical light overcompensates for lack of compelling dialogue and plot. If that's enough for you, enjoy. For the rest, the only pity you'll be feeling will be for yourself.

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► Selena Gomez, left, and Joey King star in *Ramona and Beezus*

HALIFAX

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Cats & Dogs: The Revenge of Kitty Galore [G] Dolby Stereo, Stadium Seating, No Passes, Fri-Thu 1:30-5:00-6:45

Cats & Dogs: The Revenge of Kitty Galore 3D [G] Dolby Stereo, No Passes, Stadium Seating Fri-Thu 1:10-3:45-6:30-9:00

Charlie St. Cloud [PG] Dolby Stereo, Stadium Seating Fri-Thu 12:25-3:25-7:15-9:50

Despicable Me [G] Dolby Stereo, Stadium Seating Fri-Thu 1:10-4:10-7:10-9:30

Despicable Me 3D [G] Dolby Stereo, Stadium Seating Fri-Thu 12:40-3:50-6:35-9:20

Dinner for Schmucks [PG] Dolby Stereo, Stadium Seating Fri-Thu 12:40-3:40-7:10-9:55

Grown Ups [PG] Dolby Stereo Fri-Thu 1:05-3:55-7:20-10:10

Inception [PG] Dolby Stereo, Stadium Seating

Fri-Thu 11:45-1:30-4:30-6:25-8:45-9:40

Knight and Day [PG] Dolby Stereo, Stadium Seating Fri-Thu 9:20

The Last Airbender [PG] Dolby Stereo, Stadium Seating Fri-Thu 12:40-3:30-7:20-9:45

Predators [18] Dolby Stereo, Stadium Seating Fri-Thu 10:20

Ramona and Beezus [G] Dolby Stereo Fri-Thu 12:30-3:05-6:20

Salt [14] Dolby Stereo, No Passes, Stadium Seating Fri-Thu 12:10-12:40-3:05-3:45-6:30-7:15-9:10

The Sorcerer's Apprentice [PG] Dolby Stereo, Stadium Seating Fri-Thu 12:25-3:25-7:15-9:55

Toy Story 3 3D [G] Dolby Stereo, Stadium Seating Fri-Thu 1:30-3:30-7:9-10

The Twilight Saga: Eclipse [PG] Dolby Stereo Fri-Thu 12:30-6:50-9:45

IMAX
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Inception: The IMAX Experience [PG]

Dolby Stereo, Stadium Seating Fri-Thu 12:20-3:30-6:40-9:50

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Cats & Dogs: The Revenge of Kitty Galore [G] No Passes, Stadium Seating Fri-Sat 1:30-3:30-9:10-11:10 No Passes, Stadium Seating Sun-Thu 1:30-3:30-7:9-10

Charlie St. Cloud [PG] Stadium Seating Fri-Sat 1:20-3:50-6:45-9:20-11:30 Stadium Seating Sun-Thu 1:20-3:50-6:45-9:20

Despicable Me [G] Stadium Seating Fri-Sat 1:10-3:20-7:20-9:35-11:35 Stadium Seating Sun-Thu 1:10-3:20-7:20-9:35

Dinner for Schmucks [PG] Stadium Seating

Fri 1:05-3:35-6:45-9:45

Inception [PG] Dolby Stereo, Stadium Seating

Fri 1:05-3:35-6:45-9:45

Ramona and Beezus [G] Stadium Seating

Fri 1:05-3:30-6:30-9:30

Salt [14] Dolby Stereo, No Passes, Stadium Seating

Fri 1:05-3:35-6:45-9:45

The Twilight Saga: Eclipse [PG] Dolby Stereo

Fri 1:05-3:35-6:45-9:45

IMAX
190 Chain Lake Dr., Bayers Lake
902-876-4800

Inception: The IMAX Experience [PG]



► Angelina Jolie stars in *Salt* — which opened last weekend.

Fri-Sat 1:30-6:40-9:30-11:50 Stadium Seating

Sun-Thu 1:30-4:30-6:40-9:30

The Girl Who Played With Fire [18] Stadium Seating, Sub-Titled Fri-Sat 9:11:40 Stadium Seating, No Passes Sat-Tue 2:40-9:30

Inception [PG] Stadium Seating Fri-Sat 12:45-2:4-6:30-7:30-9:40

Ramona and Beezus [G] Stadium Seating

Fri-Thu 12:50-3:10-6:20

Salt [14] Stadium Seating, No Passes Fri-Sat 1:40-4:10-7:10-9:50-11:59 Stadium Seating, No Passes

Sun 1:40-4:10-7:10-9:50 Stadium Seating Mon-Thu 1:40-4:10-7:10-9:50

Charlie St. Cloud [PG] Dolby Stereo Digital, Stadium Seating Fri-Thu 1:50-4:40-7:20-10:05

Despicable Me 3D [G] Dolby Stereo Digital, Stadium Seating Fri-Thu 1:15-3:45-7:30-9:55

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Cats & Dogs: The Revenge of Kitty Galore [G] No Passes, Stadium Seating

Fri 2:40-5:0-9:15 No Passes, Stadium Seating Sat-Sun 1:20-3:50-6:50-9:15 No Passes, Stadium Seating Mon-Thu 2:40-6:50-9:15

Charlie St. Cloud [PG] Stadium Seating

Fri 2:40-7:10-9:20 Stadium Seating Sat-Sun 1:30-4:10-7:10-9:20 Stadium Seating Mon-Thu 2:20-7:10-9:20

Despicable Me [G] Stadium Seating

Fri 2:30-8:45 Stadium Seating Sat-Sun 1:45-4:6:30-8:45 Stadium Seating

Charlie St. Cloud [PG] Stadium Seating

Fri 2:30-7:10-9:20 Stadium Seating Sat-Sun 1:30-4:10-7:10-9:20 Stadium Seating

Despicable Me [G] Stadium Seating

Fri 2:30-8:45 Stadium Seating Sat-Sun 1:45-4:6:30-8:45 Stadium Seating

Dinner for Schmucks [PG] Stadium Seating

Fri 2:30-7:10-9:20 Stadium Seating Sat-Sun 1:30-4:10-7:10-9:20 Stadium Seating

Grown Ups [PG] Stadium Seating

Fri 2:30-7:10-9:20 Stadium Seating Sat-Sun 1:30-4:10-7:10-9:20 Stadium Seating

Inception [PG] Stadium Seating

Fri 2:30-7:10-9:20 Stadium Seating Sat-Sun 1:30-4:10-7:10-9:20 Stadium Seating

Ramona and Beezus [G] Stadium Seating

Fri 2:30-7:10-9:20 Stadium Seating Sat-Sun 1:30-4:10-7:10-9:20 Stadium Seating

Salt [14] No Passes, Stadium Seating

Fri 2:30-7:10-9:20 Stadium Seating Sat-Sun 1:30-4:10-7:10-9:20 Stadium Seating

The Twilight Saga: Eclipse [PG] Dolby Stereo Digital, Stadium Seating

Fri 2:30-7:10-9:20 Stadium Seating Sat-Sun 1:30-4:10-7:10-9:20 Stadium Seating

IMAX
190 Chain Lake Dr., Bayers Lake
902-876-4800

Inception: The IMAX Experience [PG]

Cats & Dogs: The Revenge of Kitty Galore [G] Dolby Stereo Digital, No Passes, Stadium Seating

Sat-Sun 12:50-1:35-3:20-4:15-6:35-7:15-9:15-10 Dolby Stereo Digital, Stadium Seating

Mon-Tue 12:50-3:30-4:15-6:35-7:15-9:15-10 Dolby Stereo Digital, Stadium Seating

Wed-Thu 1:35-3:40-4:15-6:35-7:15-9:15-10 Dolby Stereo Digital, Stadium Seating

1:10-1:35-3:40-4:15-6:35-7:15-9:15-10 Dolby Stereo Digital, Stadium Seating

Kudrow prescribes laughter in web series

► Actress plays self-absorbed therapist in popular online show

Former Friends star Lisa Kudrow is making herself laugh.

She's reading tweets written by her character, Fiona Wallice, on the online show Web Therapy, which recently completed its third season. Each segment runs about 3 minutes to 16 minutes.

Kudrow's character is a self-absorbed therapist who isn't interested in listening to people's issues. She's decided that 3-minute sessions by webcam are sufficient to diagnose a patient and dole out advice. The conversation often veers off-topic and onto Wallice.

Web Therapy is available on Hulu, Istudio.com and for purchase on iTunes. Each webisode plays out like viewers are looking at an actual computer screen with Kudrow and a co-star interacting in double boxes over web chat.

Unlike Fiona, who likes to keep her sessions brief, Therapy is expanding to other mediums. Showtime has picked up the series to combine and air as half-hour episodes. Additional material will be added to fill out the stories.

"Fiona is unabashedly self-serving," Kudrow explained in a recent phone

the app advice

► There's an iPhone app that Kudrow likens to a therapy version of the Magic 8-Ball. Users type in a problem and get a response from Kudrow's character, such as: "Well, that's a ridiculous idea."

interview from Los Angeles. "She doesn't even do a good job in covering it up. She just thinks everyone else is really stupid (and) she's the smartest person. Ever."

In one episode, a patient says to Fiona, "I was getting the impression the last couple of sessions that I was boring you," to which she responds, "I'm not bored. I mean I have enough of an intellectual life to keep interested in anything even you say."

Victor Garber plays Fiona's husband, Kip, who may or may not be gay. Julia Louis-Dreyfus played Fiona's sister in the show's most recent season. Guest stars have included Jane Lynch, Selma Blair and Steven Weber.

The dialogue is mostly improvised, and actors wear an earpiece for director Don Roos to keep them on track.

"It's really fun," said



► Lisa Kudrow plays therapist Fiona Wallice in Web Therapy.

Kudrow, who describes the process as "just listening and responding and then knowing that somewhere off in the distance we need to find our way over to a point."

One of the most noteworthy aspects of Wallice is her voice, which Kudrow slips in and out of when talking about the character.

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The Talk is on the way

► Former Roseanne star Sara Gilbert gathers some top TV talent for new day time talk show

Sara Gilbert, producer and co-host of the new CBS daytime show "The Talk," said she will share her life as a lesbian partner and mom on the air when it seems right.

But Leah Remini, among the six co-hosts, said she has no plans to make her religion, Scientology, part of the show.

"Not at all," Remini told a session of the Television Critics Association, adding, "I love to make people laugh, entertain them. That other thing is something that is not even part of my discussion."

Gilbert spoke up for

Remini.

"It's also really dangerous to look at people through one lens ... Leah is a brilliantly funny, real, dynamic person with a lot of parts to her," said Gilbert, the former Roseanne co-star.

Asked about whether The Talk would echo ABC's The View, another daytime talk show with female hosts, Gilbert said that shows can have the same format but differ in nature, citing the David Letterman-Jay Leno late-night programs.

Gilbert, who said she developed the idea to create a meeting ground for women and mothers, has two children with her partner, Allison Adler. The actress was asked why a news release announcing the CBS show listed the partners of the other co-hosts, all straight, but not hers.

Gilbert replied that the



► From left to right, actress Leah Remini, actress Marissa Jaret Winokur, actress Sara Gilbert, television personality Julie Chen, actress Holly Robinson Peete and television personality Sharon Osbourne arrive at the press tour party. The six will host The Talk.

decision was hers and that a network press release wasn't the first place she wanted to launch a discussion of her personal life.

As an actress, it hasn't been necessary to discuss her sexuality and it

doesn't dominate her perspective, she said.

"I don't think of things as 'out' or 'in,'" she said. "I

just think I am who I am. I'll share it when it seems right."

THE ASSOCIATED PRESS

"I don't think of things as 'out' or 'in.' I just think I am who I am. I'll share it when it seems right."

SARAH GILBERT ON HOW SHE'LL VOICE HER VIEWS ON THE TALK

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TV Picks

Tension soars on Friday Night Lights

TV Tensions hit a peak on Friday Night Lights as the big Panthers-Lions game approaches, leaving everyone in Dillon on edge. Upping the stress is coach Taylor, who decides to bench star player Luke for the game. Elsewhere, Tami considers issuing a public apology to the school board for the

abortion controversy.
(Friday, Global, NBC)

Students on The Beat

TV A group of Vancouver high-school students survey the gritty Downtown Eastside on the reality series The Beat. Constable Shane Aitken leads the class on the tour, which is disturbing to some of the teens but also drives home the realities of addiction. Later, the whole Eastside community is up in arms when the government shuts down a safe injection site. (Friday, Citytv)

Julia Roberts triple bill

TV A Julia Roberts triple bill airs with Ocean's Eleven, Mona Lisa Smile and The Mexican. (Saturday, Showcase Diva)

Yule tide time for Mad Men

TV It may be summertime in North America, but on Mad Men, it's Christmas and the cocktails are flowing as the agency holds a holiday party. (Sunday, AMC)

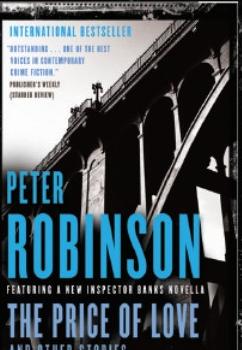
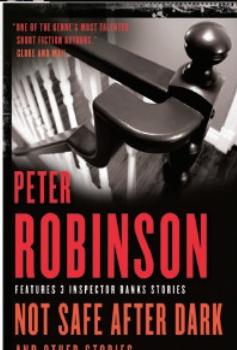
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ON SALE NOW

MTV tackles bullying

- Jocks, nerds, burnouts, stoners:
- The names may vary, but almost all students know the labels

A new show on MTV attempts to help students look past stereotypes. The network hypes If You Really Knew Me as a real-life version of The Breakfast Club.

Each episode focuses on a different school, where students go through a program called Challenge Day. They share experiences with each other in exercises designed to cut down on

bullying and gossiping.

The cameras follow five students before, during and after the program. One self-professed jester realizes how much his words hurt when he picks on an overweight student. Classmates are surprised when they hear a popular cheerleader talk about how she doesn't feel pretty or cool enough.

Another student, 18-



► If You Really Knew Me airs Mondays at 10 p.m.

year-old Leikin Poppino, attended Challenge Day last year at Freedom High School in Oakley, Calif., and said it works.

"It was such a positive experience," said Poppino.

"It changed people for the better."

But a big question is whether the change lasts.

Freedom High had a "miraculous change" for about a week after the pro-

"It was such a positive experience. It changed people for the better."

LEIKIN POPPINO, CHALLENGE DAY ATTENDEE
AT FREEDOM HIGH SCHOOL
IN OAKLEY, CALIF.

gram, Poppino said. After that, the responsibility fell on those kids who took part to keep the momentum going.

"There would be moments when somebody would say something in class and it would be the kid who went through Challenge Day to say, 'Hey, you shouldn't say that or do that.'

Students are surprising-

ly in touch with their emotions, said Sela Gaglia, who has worked for Challenge Day for 11 years.

Even when students are resistant, once they understand that the Challenge Day leaders are genuinely concerned, "the walls come down," Gaglia said.

If You Really Knew Me airs in Canada on Mondays at 10 p.m. ET.

THE CANADIAN PRESS

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Spector gets credit on wife's new album

► Imprisoned producer listed in liner notes on Out My Chelle ► Compares her to Elvis and Rolling Stones

In the often weird world of show business marriages, the love story of Phil and Rachelle Spector is among the strangest.

The 70-year-old Spector is a rock music legend imprisoned for the murder of an actress.

His wife, an aspiring singer who just turned 30, is dividing her time between prison visits and promoting her new album, for which he is listed as the producer.

For Rachelle, there has been a whirl of clubs, red carpet openings, travel, interviews and recording sessions, all happily reported on her Facebook page. For Phil, there is life in a tiny cell at a prison in Corcoran, Calif., where he lives on hope that his appeal will be granted and he will get a new trial. He was sentenced to 19 years to life behind bars.

But with Rachelle's album, Out of My Chelle, Spector has a chance to jump back into the music world, where he built his Rock and Roll Hall of Fame credentials by producing such acts as the Beatles, Ike and Tina Turner, Cher, the Ramones, and many others.

The album, which was released last month, is billed as the first Phil Spector Production in 30 years. Spector had been retired for decades, and while he did work with the British group Starsailor on their

2003 album, Silence is Easy, they fired him before it was done because of his mood swings and creative differences (two Spector-produced songs made the album).

Some have cast doubt on whether he actually produced Out of My Chelle. It has none of the hallmarks of Spector's famed "Wall of Sound" recording technique,

and the songs are lightweight pop and dance numbers

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► Rachelle Spector claims her imprisoned hubby Phil produced her new album

without the elaborate arrangements for which he was known.

But Spector insists he produced the record during the three years before he went to trial for the shooting death of Lana Clarkson.

"I was there for recording of all the tracks," he said from prison. "Making that record with Rachelle was one of the greatest experiences of my life."

Although Spector is now a convicted murderer, his reputation as a music icon has not diminished, and gives the album any lustre that it has. The back cover of the album says: Executive Producer: Legendary Genius PHIL SPECTOR. It is credited to Rachelle's record label called, "Genius 4Ever Records."

Still, the album has not generated much serious attention, dismissed as a novelty record. It has been trashed by most critics as an insult

"I was as excited about this album as when I met Elvis or the Stones. It's a gift from me to her."

PHIL SPECTOR

to Spector's vaunted reputation.

The album's first song, Here in My Heart is intended as a love song from her to her imprisoned husband with lyrics including, "You're with me night and day/ even when you're far away."

Asked about his life in custody, he said: "Prison life is very difficult. I'm in here with sociopaths and misfits. My appeal is filed and it's coming up within the next couple of months. Hopefully I'll be out of here in four or five months."

But he adds Rachelle is the light of his life. She drives 2 1/2 hours and waits in line for hours for a visit with him. They spend a few hours holding hands and talking at a table in a prison cafeteria, are allowed one kiss and one hug and then she goes back to life at Spector's castle in Alhambra, a suburb eight miles from downtown Los Angeles.

They talk by phone every day.

"She comes every week to see me," Spector said. "I see skyrockets each time I see her. She's the fairy princess in my world."

THE ASSOCIATED PRESS

POWERING UP ON CLASSIC ROCK

When I was invited to the High Voltage Festival in London last weekend, I made all kinds of cracks about the lineup being terminally geriatric. I had visions of signs above the backstage entrance that read "YOUR PROSTATE MUST BE THIS BIG FOR YOU TO PERFORM!" I mean, Argent? They hadn't played together in

38 years. Uriah Heep was going to run through their entire 1972 album, Demons and Wizards. The combined age of ZZ Top is 182; for Emerson, Lake and Palmer (together for the first time since 1998), it's 187. Ian Hunter was going to sing All the Young Dudes again — even though he just turned 71.

I joked about the average age of the crowd, too, and the need for walkers and wheelchairs. But in the end, I was dead wrong.

Instead of a barrage of

irrelevant, outdated songs by over-the-hill performers, I witnessed how enduring and ageless good rock 'n' roll really is. Bachman-Turner Overdrive in all but name cranked out their still-muscular hits. There were a couple of 20-somethings next to me who not only new all the words to even the deep album tracks but sang their parts in perfect harmony. Over on the metal stage, the legendary SAXON bludgeoned an

appreciative audience of young metalheads. On the prog stage, Dweezil Zappa's young band ripped through some Mothers of Invention material so effortlessly it would have brought a tear to dad's eye. And it was fascinating to watch all the rockers, punks and metal freaks pay their respects to the late Ronnie James Dio as Heaven and Hell — the collaboration between Dio and Tommy Iommi and Geezer Butler from Black Sabbath — played their

Sound Check

ALAN CROSS

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either. There were security personnel to be sure, but no bobbies anywhere on the festival site.

At Heathrow, I found myself behind Randy Bachman in the security line. He was as giddy as a kid. "Wasn't it amazing?" he gushed. Yes, Yes, it was.

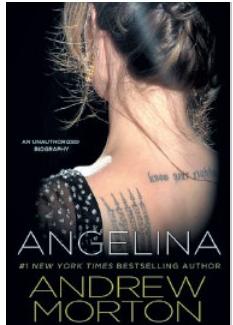
New unauthorized bio 'tells all' about Angie

Put Angelina Jolie's face on a magazine cover and sales will surely rise. Get her to write a memoir and it would be worth millions. But write a book about her, without her co-operation, and you're taking a chance.

Coming a week after the release of her latest film, Salt, a biography has been published. Angelina, by Andrew Morton, is out with an announced first printing of 150,000 copies and the promise of a "spellbinding" adventure. Openly billed as "Unauthorized," the book includes intimate details on her troubled childhood, on such past lovers as Billy Bob Thornton and Timothy Hutton and, of course, her years with Brad Pitt.

Morton has a strong commercial history, but better when he works with a subject's involvement (Princess Diana, Monica Lewinsky) than without (Tom Cruise, Madonna).

In the age of the Internet, the unauthorized biography has been increasingly scooped by instant, endless online



"There is much more competition from the tabloids and the Internet, so you have to go beyond the day-to-day gossip."

HOPE DELLO, BOOK PUBLISHER

gossip.

"Sales of tell-all celebrity biographies have been negatively impacted by the information that is available on the Internet or in print," says Patricia Bostelman, vice-president of marketing

for Barnes & Noble Inc.

"The Morton book is also competing with all the press Jolie has been getting around the launch of Salt, in which she is deliberately staying on message about her life with Brad and the kids. The audience for the book has often read all the key revelations prior to publication." The Jolie book tells of her strained relationship with her father, actor Jon Voight; her cultish bond with Thornton and her ever-growing family with Pitt.

Identified sources include a childhood caretaker, an alleged former drug dealer and a close friend of Jolie's mother, the late Marcheline Bertrand, whom Dellow believes is given a fresh and thorough take in Morton's book.

Unnamed friends and associates are cited for allegations that Jolie fought with co-star Winona Ryder on the set of Girl, Interrupted, or had been intrigued by Pitt long before they became involved.

THE ASSOCIATED PRESS

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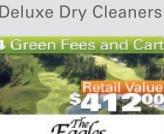
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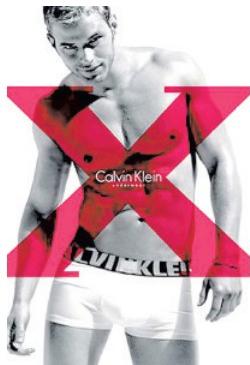
metro0716

7th heaven

X Marks the Spot for Klein

Advertising

Never one to shy away from controversial ads, Calvin Klein's newest campaign asks men all over the world to upload a video of themselves talking about how they've marked their spot in the world. The website already features a few Canadians. Visit xmarkyourspot.com to upload your video or check out some male eye candy.



Lucci Tell-All

TV

Susan Lucci, the woman who waited years to finally win her first Emmy Award is about to tell-all. The Associated Press



reports the longtime star of All My Children — where she plays Erica Kane — will release her memoir next year. It will be published by It Books, part of the HarperCollins family.

Hughes Honour

Tribute

The Traverse City Film Festival honoured late director John Hughes with its Michigan Filmmaker Award this week. A native of Lansing, Hughes — the creator of films like The Breakfast Club and Sixteen Candles — died last year at the age of 59.



The Ghost Writer

Movies

Roman Polanski is no longer under house arrest, and next Tuesday his latest film will be released on DVD. The film, about a



Mix of Six

Music

Matt Mays

This Juno Award nominee is performing a free outdoor concert to help celebrate the Natal Day long weekend, with The Novaks serving as the opening act. The show is open to all ages. July 31, 7 p.m. Alderney Landing, Dartmouth.

Dance

17th Canadian National Square and Dance Convention

Swing your partner around and take them to this event that will feature dances, fashion shows and other dancey things. Visit squaredance.ns.ca for tickets. July 30 & 31. World Trade and Convention Centre

Theatre

Shakespeare by the Sea

Back for its 17th season of theatre, this weekend's lineup includes a preview of Julius Caesar on Friday and Sunday at 7 p.m. Saturday's lineup will be Treasure Island at 1 p.m. and Twelfth Night at 7 p.m. Through Sept. 5, Point Pleasant Park.

Event

MacPass Bridge Mile

Six races in total with novices to elite runners taking competing. Each youth and adult race can accommodate 300 runners. For complete details, visit macpassmiles.com. 9 p.m. July 31, Macdonald Bridge

Festival

Alexander Keith's Natal Day Festival

Haligonians, time to show off your civic pride. Events include Natal Day fireworks on Saturday and Monday evenings and the popular Natal Day parade on Monday beginning in Halifax at 10 a.m. July 30-Aug. 2. Throughout HRM.

Is Franco for real?

Celebrity In its Aug. 2 issue, New York magazine asks the question everyone is wondering in its cover story: Is James Franco for real? Writer Sam Anderson follows the grad student around NYU, trying to answer the question, looking at his eclectic career as a blockbuster actor, director, author and strange stint on the soap General Hospital.

• METRO NEWS SERVICE

Metro pick



► A New York magazine article looks at the eclectic career of actor, director, author and grad student James Franco.

ghostwriter hired to complete the memoirs of a former British prime minister, stars Ewan McGregor and Pierce Brosnan. Canadian siren Kim Cattrall is also in the movie.



Dice Bow-Ties

Trend

Want to stand out from the rest of the Mad Men types in your office? Maybe it's time to roll the dice and take a chance with these unique bow-ties. Made out of real dice, they are sure to make a statement. The company also sells a brooch and ring version mrtautled.bigcartel.com

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Games

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• METRO NEWS SERVICE

Alfresco Film Festival presents Easy Rider

Bring your lawn chairs to see the popular film about two young "hippie" bikers, Wyatt and Billy, who set off for a trip across America, on their own personal odyssey looking for a way to lead their lives. July 30 at dusk, Halifax waterfront by Bishops Landing.

'I made the right decision'

► Black Eyed Peas' frontman tells how he almost didn't make music

Before embarking on his successful music career, Black Eyed Peas' frontman will.i.am had designs on a far different line of work.

"Right after high school, I went to fashion school and the music just was a stronger calling at the time," recalled the Grammy-winning artist, who attended the Fashion Institute of Design and Merchandising in Los Angeles.

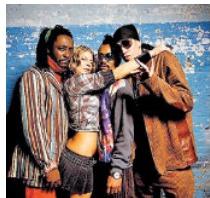
"I think I made the right decision."

While continuing to pump out hits with his multi-platinum-selling group, the rapper, singer-songwriter and producer is returning to his fashion roots with his menswear line, i.am.

While in Toronto for two concerts this week, the 35-year-old took time out for an in-store appearance at Harry Rosen in the upscale Yorkville area to launch his line in the city.

The offerings on display

Black Eyed Peas



The Peas are currently in the middle of a cross country tour

- Aug. 18 Winnipeg
- Aug. 20 Saskatoon
- Aug. 22 Calgary
- Aug. 23 Edmonton

included a mix of basics like graphic T-shirts, alongside refined knits, some of which feature leather accents and detailing.

Outerwear pieces run the gamut from traditional pea coats to edgier hooded jackets with a graphic printed lining and coats with mesh-style pinhole cutouts.

"The thing that inspires my line, it's not a person, it's youth," said the fashion-forward hip-hop star, decked out in large blue-framed sunglasses, a white

Henley-style T-shirt, black vest and scarf, knee-length cargos and high tops.

"Youth culture, youth hip-hop, dance culture, the world of the arts, and just expression."

The collection also has a strong Canadian connection, designed and produced by the i.am je suis division of Manhattan International based in Montreal.

"(Owner) Ted (Rozenwald) is a great dude and we have a lot in common as far as the desire to succeed, and how dedicated

he is to making sure it's right and perfect, and I'm the same way in the world of music," said will.i.am, whose real name is William James Adams, Jr.

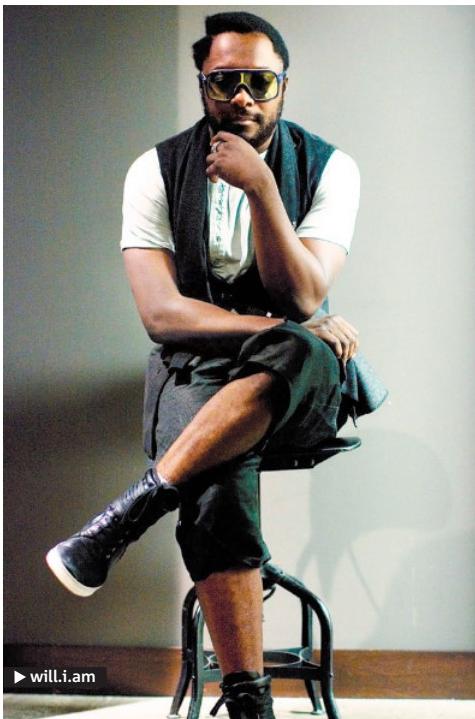
"Right now, we are making this thing grow" he added. "Like I told him, I'm dedicated to this venture for 10 years. I want to see it really really do well."

But when it comes to creating clothes for the Black Eyed Peas' lone lady member, Fergie, or any other women seeking feminine pieces from the i.am label, they're out of luck — at least for the time being.

"I'd like to do stuff for girls, but right now, I just want to get the dudes right," said will.i.am.

In the meantime, he simply wants to make pieces that inspire people to wear them and he doesn't seem interested in crafting tailored looks or styling one particular individual.

THE CANADIAN PRESS



► will.i.am

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Celebrity tweets



Kanye West
[@kanye-west] Dress up for flight



Serena Williams
[@serenaj-williams]
Dropped my phone in toilet. Now I have to use iPhone. Hope I don't lose my contacts...



Ian Somerhalder
[@iansomerhalder]
How are anchovies even legal?



Courtney Love
[@courtney-loveuk] wonder if i should take this job? hmm waiting on my litmus of tasteful friends who i love the most.
• METRO WORLD NEWS

Hardy's wild past

Inception star Tom Hardy admits that when he was younger, he wasn't opposed to some same-sex experimentation. "As a boy? Of course, I have. I'm an actor," Hardy tells NOW magazine. "I've played with everything and everyone." • METRO WORLD NEWS

Klein stays in rehab

After completing 30 days in rehab, actor Chris Klein has decided to extend his stay. "Chris, along with his support team, has decided to extend his treatment," his rep tells People magazine. • METRO WORLD NEWS

Mamma mia! Clooney GF in drug scandal

► Elisabetta Canalis accused of snorting cocaine in a Milan nightclub famous for prostitution

George Clooney's Italian girlfriend is finding herself wrapped up in a cocaine scandal uncovered by an investigation into the Club, a Milan nightclub, according to Italian newspaper Corriere della Sera.

"I remember taking cocaine with Elisabetta Canalis and two others," model-turned-prostitute Karima Menad says in court documents obtained by the paper.

"We were in the Club and it was December 2007. We had been at a party of some famous, rich celebrity whose name I cannot remember. I don't remember who brought the drugs but we all took it."



The alleged party took place before Canalis met Clooney. The pair started dating in 2009.

• METRO WORLD NEWS

Lohan a prison beauty queen

Lindsay Lohan has been keeping busy behind bars with writing and junk food, according to her lawyer.

"She's good. She's eating some Twizzlers," attorney Shawn Chapman Holley says, according to Hollyscoop. "She looks gorgeous. She's writing a lot. She's creating art. She's a beautiful, talented, cre-

ative woman, and she's going to come out and surprise you all."

Lohan could be released as soon as Sunday or Monday, after which she'll head to a mandatory three-month stay in rehab.

• METRO WORLD NEWS



Because looking hot in solitary confinement?
That's important

"Leo has earned the right to pick and choose who he works with and Mel Gibson is not one of them."

the right to pick and choose who he works with and Mel Gibson is not one of them."

• METRO WORLD NEWS

Leo nixes film with Gibson

After all the headlines about tensions between Mel Gibson and his ex-girlfriend, Oksana Grigorieva, Leonardo DiCaprio is reportedly pulling out of a planned Viking-themed movie to be directed by Gibson, according to Radar Online.

"Not a chance," a source close to the "Inception" star says. "Leo has earned

• METRO WORLD NEWS

Simpson up for American Idol?

Trouble songstress Jessica Simpson may be headed to American Idol, but she won't be taking over for Simon Cowell.

"She's not his replacement — they're two entirely different personalities," a source tells Life & Style magazine.

"This is part of a massive overhaul of the show. There may be more judges, more opinions." Simpson's rep would neither confirm nor deny the reports, saying,

"There is nothing confirmed at this time."

• METRO WORLD NEWS



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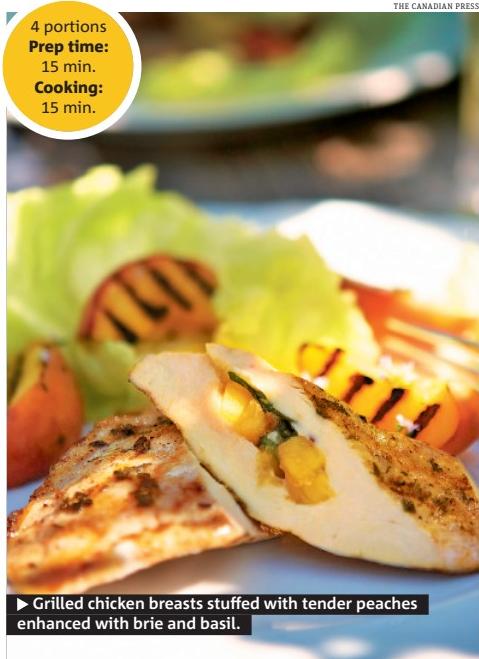
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Sweeten things up with peaches



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15 min.
Cooking:
15 min.

THE CANADIAN PRESS

► Tasty fruit can add some summer flavour ► Grilled chicken breasts will never be quite the same again

Ingredients :

- 50 ml (1/4 cup) water
- 50 ml (1/4 cup) sugar
- 10 ml (2 tsp) each cassia, cardamom and star anise
- 5 peaches, washed and peeled (slice 4 and dice 1)
- 4 skinless, boneless chicken breasts
- 8 basil leaves, washed
- 125 g (4 oz) brie, cut into 4 slices
- 4 bamboo skewers, soaked in water
- Salt and freshly ground pepper, to taste
- You can substitute cinnamon or nutmeg for the cassia and ground ginger can replace the cardamom.

Now that peach season is in full swing, try pairing a few of the luscious orbs with grilled chicken en-

hanced with slices of soft brie.

Preparation:

- 1 In a small saucepan over high heat, combine water and sugar. Bring to a boil and then simmer for 1 minute. Add cassia, cardamom, star anise and sliced peaches; bring to a boil and then reduce to a simmer and cook for another 10 minutes. Let cool to room temperature, remove spices and then puree mixture in blender until smooth. Stir in diced peach and set aside.

- 2 Place chicken breasts on a clean work surface. Using a sharp knife and focusing on one breast at a time, cut a 7.5-cm (3-inch) slit horizontally in-

to one side of the chicken breast to form a pocket. Spread about 30 ml (2 tbsp) of the puree mixture in the pocket of each breast. Then stuff each breast with 2 basil leaves and a piece of brie. In horizontal and weaving fashion, secure each breast with one skewer, then season with salt and pepper.

- 3 Place chicken on preheated grill and cook for 6 minutes on each side or until internal temperature registers 74 C (165 F). Remove from grill and let rest for 2 minutes before serving with the rest of the peach puree and your favourite summer-inspired garden salad.

THE CANADIAN PRESS

3 life

Superfood: Coffee



A coffee a day, keeps Alzheimer's at bay.

A research team led by Dr Arendash from the University of Florida found that drinking up to two cups of coffee a day could halt the development of symptoms related to Alzheimers.

"Our mouse studies, human retrospective studies, and caffeine's ability to directly affect the disease process are all pointing to caffeine slowing or reversing Alzheimer's Disease," says Dr Arendash. The research suggests that the caffeine in coffee prevented the production of protein plaques, a direct cause of the disease.

ROMINA MCGUINNESS

Celebrate Canada on Food Day

In 2003, amidst the sanction by the U.S. of Canada's beef exports and the dramatic hardship it imposed on this country's agricultural community, it became obvious to at least one committed individual that action was needed.

That summer, renowned culinary activist Anita Stewart of Elora, Ont., founded The World's Longest Barbecue. Thousands of Canadians were encouraged to fire up their grills on the August long weekend and support locally produced foods. The event has continued.

"The huge success of that venture has now evolved into Food Day, an annual mid-summer celebration when we share Canada's rich culinary heritage," says Stewart.

She still encourages Canadians to celebrate with friends and family around the barbecue on the Saturday of the long weekend, which this year is July 31.

But beginning this year, she is also recognizing restaurateurs, suppliers, growers and farmers who will join citizens to showcase the depth and breadth of Canada as a culinary nation.

A very important component of this group are restaurants, she says.

"Who makes the difference in Canadian cuisine?" Stewart asks. "Well, quite



often the real changes start with the restaurants across the country."

She contacted restaurateurs and chefs she already knew, and thought if she was lucky she would get 25 or so to participate.

"It became very clear that was not going to be the case. I have 134 really good restaurants signed on," she says with pride.

Stewart says that the establishments she approached and eventually chose "were the ones that walk the walk and talk the talk. They are the ones that give the diner an all-Canadian restaurant experience."

Her list includes restaura-

nts and other food suppliers from all corners of Canada. Every province and one territory is represented.

For example, three Yukon establishments, including Klondike Kate's Restaurant and Cabins in Dawson City, Alpine Organic Bakery in Whitehorse and Inn on the Lake south of Whitehorse are on Stewart's radar.

"So many food people in the boondocks have been overlooked, even though they have been labouring in their own little corners of culinary Canada with such passion and utter dedication," she says.

One such eatery that is

garnering much attention is RauDZ Regional Table in Kelowna, B.C.

Chef Rod Butters focuses on local and regional ingredients for his restaurant's eclectic menu. He feels strongly that the producers are a major force in the success of his menu.

The focal point of the establishment is a six-metre communal table made of reclaimed Midnight Heart pine. The whole idea is that friends and neighbours enjoy fresh local dishes in a comfortable relaxed space.

"Our patrons have totally embraced regional food," says Butters.

For Food Day, he and his business partner, Audrey

Surrao, plan to have a special insert in the menu featuring the harvest of the first summer tomatoes from the area.

"For me, every day is Food Day Canada. It's not something unusual," says Butters. THE CANADIAN PRESS



Find some recipes that celebrate Canadian produced food

4 sports

Up and down

Buck Showalter

The two-time AL Manager of the Year was hired to manage the Baltimore Orioles Thursday, his latest rebuilding project in a career full of them.

**Ian Kinsler**

The Texas Rangers have placed the second baseman on the 15-day disabled list with a strained left groin.



Scan code for news

Blue Jays deal Wallace to Astros

The Toronto Blue Jays have tried on multiple occasions to obtain Anthony Gose, so when the opportunity finally arose this week, they didn't have any problems blowing up their succession plans at first base to get the 19-year-old centre-fielder.

General manager Alex Anthopoulos parted with gilt-edged prospect Brett Wallace — the heir apparent to Lyle Overbay acquired as part of the Roy Halladay deal last November — to acquire Gose from

76 A second-round pick in 2008, Gose led all minor-league players with 76 stolen bases in 2009.

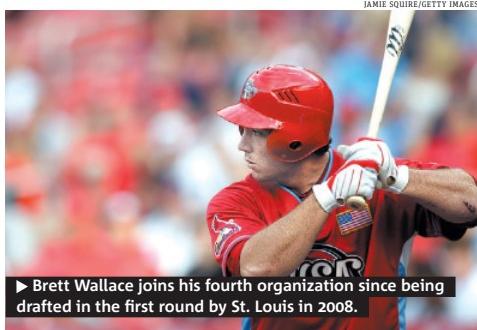
Houston mere hours after the Astros picked him up Thursday from the Philadelphia Phillies in the Roy Os

walt deal some 48 hours before Saturday's non-waiver trade deadline came as little surprise, but that Wallace was

the player heading out the door was a shocker. Throughout the season it's been a question of when, not if, Wallace replaces free-agent-to-be Overbay, and now he's gone for a player who is likely at least a couple of years away from reaching the majors.

"This was a trade about Anthony Gose," Anthopoulos said on a conference call. "We've really liked this player quite a bit for quite some time."

THE CANADIAN PRESS



► Brett Wallace joins his fourth organization since being drafted in the first round by St. Louis in 2008.

Trade: Another Roy, another ace for Phils

► Oswalt joins Halladay on reigning National League champions

Three-time all-star Roy Oswalt gave his OK to a trade to Philadelphia from Houston Thursday, becoming the latest ace to join the hard-charging Phillies.

The Astros dealt Oswalt and a sizable amount of cash to the two-time NL champions for pitcher J.A. Happ and two speedy prospects, outfielder Anthony Gose and shortstop Jonathan Villar. Houston then traded Gose to Toronto.

Oswalt joins a rotation that includes star Roy Halladay, acquired from the Blue Jays in the off-season, and Cole Hamels, the 2008 World Series MVP. Oswalt is scheduled to make his debut for the Phillies Friday night, starting at Washington.

"We're trying to do what we can to get back to the World Series and win it," Phillies general manager

Big money pitcher

- Oswalt is 143-82 with a 3.24 ERA in 10 seasons with the Astros.
- He is due about \$5.33 million US the rest of this season from his \$15-million salary and is owed \$16 million in 2011.
- Oswalt's contract has a \$16-million mutual option for 2012 with a \$2-million buyout.

Ruben Amaro Jr. said.

This was the second straight year the Phillies made a major trade for a pitcher in the days leading up to the July 31 deadline. Last season, they got Cliff Lee and he boosted them to another NL pennant — Lee was then sent to Seattle in a separate deal on the same day the Phillies acquired Halladay.

THE ASSOCIATED PRESS



► Roy Oswalt was traded Thursday to Philadelphia from Houston.

First-place Padres get Tejada

The NL West-leading San Diego Padres obtained infielder Miguel Tejada and just more than \$1 million US from the Baltimore Orioles Thursday, convinced the 36-year-old can help them in the infield and at the plate.

The Padres gave up double-A right-hander Wynn Pelzer.

"It's a good chance at being in the playoffs and that's always good," Tejada

4 Tejada hasn't been to the playoffs since the Oakland A's made four straight appearances from 2000 to 2003.

said in Kansas City, where he was scratched from the Orioles lineup before Thursday night's game against the Royals.

"I think we can have a chance to win."

THE ASSOCIATED PRESS



Sports in brief

Rangers add Cantu in deal

MLB. The AL West-leading Texas Rangers added another bat for the stretch, getting third baseman Jorge Cantu from the Florida Marlins Thursday for two minor league pitchers. Cantu hit .262 with 10 home runs and 54 RBIs for Florida.

Elbow surgery for Sheets

INJURY. Athletics right-hander Ben Sheets plans to have surgery soon on his troublesome throwing elbow, something he believes will increase the chance he could pitch again if he so decides.

It won't be this season. He has a torn flexor tendon in the elbow that will be repaired in the operation.

THE ASSOCIATED PRESS

Race fields full of talent

- Director expects 'tighter' time for all runners
- Halifax's Geoff Harris a name to watch in the 800m



PHILIP CROUCHER
@METRONEWS.CA

Grant Walker isn't making a prediction on who the favourite is to win the elite races at Sunday's MacPass Miles on the Macdonald Bridge.

But the event race director is comfortable saying he expects it to be a close finish — for both the men and women.

"It's probably one of the best fields we've had in terms of finishing times," he said. "I'm certainly expecting a much tighter time for all of the runners."

On the men's side, Halifax 800m specialist Geoff Harris will be a runner to

Race times

MacPass Miles lineup

- Registration Opens, 7:30 a.m.
- Open Men, 9:15 a.m.
- Open Women, 9:35 a.m.
- Youth Girls, 9:55 a.m.
- Youth Boys, 10:15 a.m.
- Elite Female, 11 a.m.
- Elite Men, 11:10 a.m.

watch.

He's taking on an impressive field that includes last year's silver medallist Adam Kellar from the University of Windsor and 1500m-runner Logan Burke from the University of Victoria.

Other locals include Dartmouth's Rich

Lehman and Ryan Kros from Dalhousie University.

"I think you're going to see a bit of battle with Geoff Harris," Walker said. "What makes Geoff such a great threat is he has the heart and soul to win events."

The women's side will see two former champions going head-to-head. They are 2006 and '09 winner Jess O'Connell of West Virginia University and 2004 champion Avril Ogronick.

Nova Scotians in the field include Rebecca Coady and Gina Stewart.

Overall, upwards of 900 racers could lace them up on the bridge in six different competitive groups.



► Geoff Harris practicing at Saint Mary's University in this file photo.

Ben Russell to join his brother at worlds in Poland

Dartmouth's Ben Russell has been added to the Canadian team for the world canoe and kayak championships.

CanoeKayak Canada made the announcement Thursday that Russell would be added to the 31-member team competing at works in Poznan, Poland from Aug. 18 to 22.

This is the second year in a row Russell has made it to worlds.

Last year he held the C-4, 1000 team to a fifth place finish.

"I've really brought my game up this season and I'm sure I can help our team do very well at the world championships," Russell said in a release.

Russell's older brother Andrew is among the 30 athletes named to the team on July 19.

METRO HALIFAX

Decision on Niemi coming soon

Blackhawks general manager Stan Bowman expects to learn on Saturday whether his salary cap-squeezed team will be able to keep restricted free agent goaltender Antti Niemi, who backstopped Chicago to its first Stanley Cup in 49 years last spring.

After Bowman and Niemi's agent, Bill Zito, were unable to reach contract terms for the 26-year-old netminder, the case advanced to an arbitration hearing Thursday in Toronto. Both Bowman and the NHL Players Association presented their cases and undisclosed one-year salary figures to an arbitrator, who has 48 hours to make a decision.

The arbitrator can choose either side's offer, or any amount between the two, per the NHL's collective bargaining agreement.

Niemi earned \$826,875 US last season as a rookie. He played all but one period of the Blackhawks' post-season run to the championship, going 16-6 with a 2.63 goals-against average, .910 save percentage and two shutouts.

To remain under the NHL's \$59.4 million salary cap, the Blackhawks may have offered as little as \$2 million to Niemi, who has played in just 42 regular-season games in his career.

He took over as the team's top goalie last year, appearing in 39 regular-season games, and went 26-7-4 with seven shutouts, a 2.25 goals-against average and .912 save percentage.

THE ASSOCIATED PRESS

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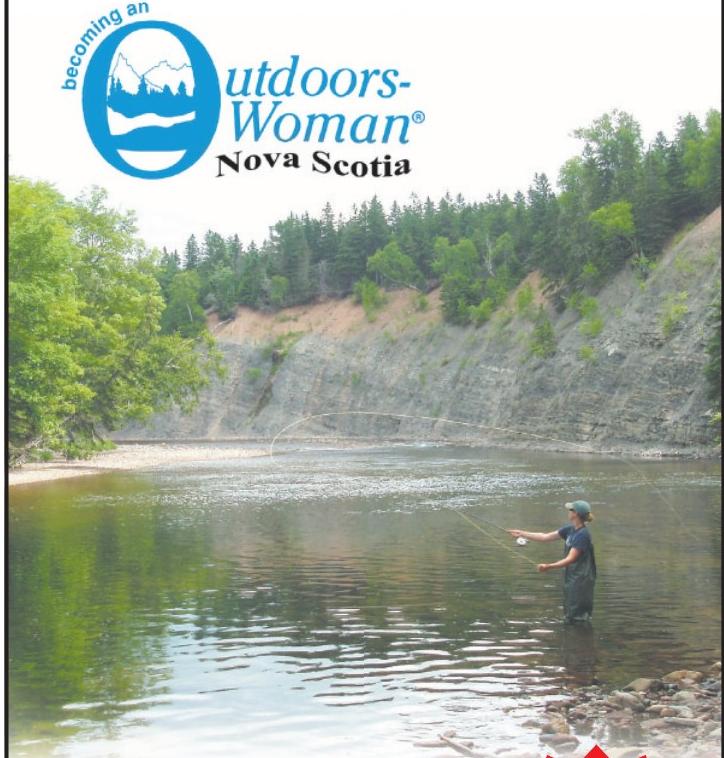
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A SOLID FOUNDATION COMES FIRST

Why is the building of a track and field facility for the 2015 Pan American Games in the Golden Horseshoe region of Ontario causing so much consternation?

Canada's Ryder back on the bike already

Less than a week after finishing seventh in the gruelling Tour de France, Canadian Ryder Hesjedal is getting back on his bike for Saturday's one-day San Sebastian Classic.

The 29-year-old from Victoria has packed a lot in since cruising down the Champs-Elysees in the Tour finale last Sunday.

His Garmin-Transitions team after-party at a Paris club, thrown by sponsor POM, featured a performance by Pharrell Williams and N.E.R.D.

"He's one of the biggest names in music. It was pretty awesome to have him performing, basically, for us — at a party put on for us," said Hesjedal.

Asked if any champagne was sipped, Hesjedal laughed. "There were a few glasses."

Then it was off to Biarritz with his fiancée for some time on the beach.

One might think that after 3,642 kilometres and more than 92 hours in the saddle — over mountains, cobblestones and flats in the Netherlands, Belgium and France — Hesjedal would want a longer break.

But Hesjedal says he is looking forward to the 234-kilometre Spanish race. One reason might be that he finished fifth there last year.

THE CANADIAN PRESS

Why should a professional football team — the Hamilton Tiger-Cats — be allowed to determine where and what kind of stadium will be built? This is the age-old debate. What's good for a professional sports franchise doesn't necessarily equate with what's beneficial for a municipality that loves sport.

The Pan American Games are going ahead.

Ontario won the right to host them based on a plan that included a modest stadium for athletics on Hamilton's waterfront.

Organizers should stick to the plan.

This weekend the Canadian Track and Field Championships will be held at the University of Toronto. The best athletes in Canada will run, jump and throw in a smallish stadium that is state-of-the-art for its purpose.

It's not supposed to be the home of the Toronto Argonauts. Varsity Stadium is attached to an educational institution and is well-used by the community. It's a \$16-million track ideally designed for its purpose, much like its \$20-million counterpart erected on the grounds of the

Université de Moncton that just hosted the IAAF World Junior Track and Field Championships in the visionary province of New Brunswick. No matter how you want to refer to them, they are centres of excellence where the youth of their respective, surrounding communities can learn the bedrock sport of track and field.

"Athletics is the foundation," says Lamine Diack, the president of the IAAF. "Young people must first have the opportunity to run and jump and throw, then they can choose to stay with athletics or move to a more specialized sport."

It makes sense. But first communities in this country must show a desire to serve youth and not solely the needs of professional sport.

"Tracks should be maintained," says Diack. "The community should be invited to use them in harmony with other sports that are played in those stadiums."

If Canada wants to be good in track and field at future Olympics and values a healthy population then it requires a commitment to the proper facilities.

The same goes for Pan Am organizers.

In other words, they must build a solid foundation regardless of what professional sports wants.

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Police: Ex-NBA player Wright shot to death

Former NBA big man Lorenzen Wright, whose body was found in the woods outside Memphis, was shot to death and the case is being investigated as a homicide, police said Thursday.

Police wouldn't answer questions about motive or suspects. But records indicate that Wright, 34, revered in his hometown

as a generous and likable sports hero, was probably carrying a large amount of cash when he disappeared July 18.

A court affidavit obtained by The Associated Press also said Wright had sold two vehicles to a man affiliated with a Memphis drug ring that's suspected in six deaths.

His family filed a miss-

ing person report with police July 22, four days after he was last seen, but investigators repeatedly said they didn't suspect foul play. Wright's mother said in the report that she was worried because his silence was out of character and "he probably has a large amount of cash on him."

THE ASSOCIATED PRESS

Strasburg lands on 15-day DL

Rookie right-hander Stephen Strasburg went on the 15-day disabled list Thursday with inflammation in his throwing shoulder, the latest indication of how careful the Washington Nationals are being with their prized pitcher.

"They're taking every precaution with me, obviously," Strasburg said.

It's the first trip to the DL for Strasburg, who was the No. 1 overall pick in the 2009 amateur draft and signed a record \$15.1-million US contract.

"If he's 90 per cent healthy, we shut him down," Washington manager Jim Riggleman said.

"He's got to be 100 per cent."

Riggleman said the Nationals expect Strasburg to pitch again for them this season.

It's possible he could begin his road back by playing catch Saturday.

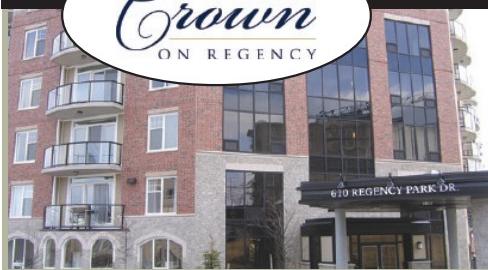
The move to the DL is retroactive to July 22, a day after Strasburg made his last appearance. He was scratched minutes before he was to make his 10th major league start Tuesday, because his right shoulder felt stiff while he was warming up in the bullpen.

An MRI exam taken Tuesday showed Strasburg's shoulder is "totally clean," general manager Mike Rizzo said.

THE ASSOCIATED PRESS

Strasburg stats

► Strasburg is 5-2 with a 2.32 ERA, 75 strikeouts and 15 walks in 54 1/3 innings since making his debut for the Nationals June 8, when he struck out 14 in a victory over Pittsburgh.



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Crossword

Across

1 Mom-and-pop org.
4 Moolah
8 Privy to
12 Water (Fr.)
13 Vicinity
14 "Forget it"
15 Omens
17 Ganges wrap
18 Wilbur's horse
19 Bygone anesthetic
20 Song of sorrow
22 Amorous look
24 Vanished
25 Encroach
29 Suitable
30 Construction site machine
31 Versatile vehicle
32 Barren
34 "A Death in the Family" writer
35 Nitwit
36 Period of decline
37 Piece of parl-
ey
40 Helps
41 Hodgepodge
42 Covered with browned crumbs
46 Options list
47 Genealogy chart
48 Guitar's kin
49 Tosses in
50 Tackles' team-
mates
51 Stitch

Down

1 Shell-game need
2 Greek cross
3 Increases
4 "The Price Is Right" emcee



5 Dry
6 Witness
7 Owns
8 Marching properly
9 Ark builder
10 Shrek, e.g.
11 Bleak, in Hollywood
16 Incite
19 Otherwise
20 "Zounds!"
21 Bound along
22 Give a speech
23 Hereditary unit
25 Snare
26 First Roman

emperor
27 Goblet feature
28 Leak slowly
30 Stop up
33 Hateful
34 "M*A*S*H" star
36 Paddock pops
37 Cell body
38 Begged
39 Peel
40 On in years
42 Noshed
43 Coffee vessel
44 Mamie's man
45 Fresh



► Yesterday's answer

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope



Aries March 21-April 19 It's not like you to get emotionally worked up but today something or someone will get you raging. Maybe that's a good thing. Maybe you need to let off some steam.

Taurus April 20-May 21 If something goes wrong today you are advised not to take it seriously. Other people may rant and rave and act as if it's the end of the world but it's not even close.

Gemini May 22-June 21 By all means have high expectations of yourself but don't try to impose those expectations on other people, not even those you think might benefit from a little more direction in their lives.

Cancer June 22-July 22 Today will test your loyalties, both at home and at work, or maybe between home and work. It won't be possible to make everyone happy, so do what makes you happy. That's always the best policy.

Leo July 23-Aug. 23 Use your time and energy wisely today, because you don't have as much of either as you would like to believe. Also, when travelling, remember that not everyone thinks or acts as fast as you.

Virgo Aug. 24-Sept. 22 The urge to spend money may be overwhelming today but you've got to fight it because you are going to need that cash over the next two or three weeks.

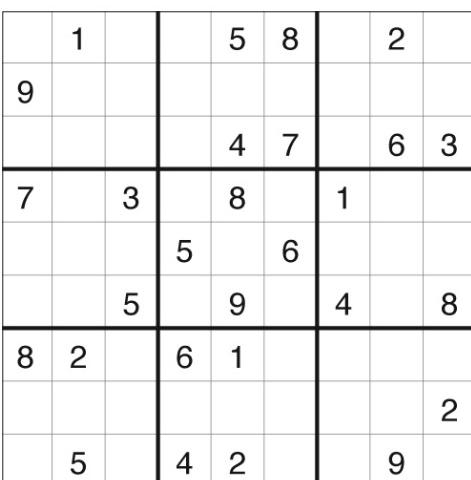
Libra Sept. 23-Oct. 23 Promise yourself that no matter how much certain people may annoy you today you won't overreact. Take your earphones with you and use them to cut yourself off from the world.

Scorpio Oct. 24-Nov. 22 Try to avoid situations that confuse you today because no matter which way you look at what's going on it won't make much sense.

Sagittarius

Nov. 23-Dec. 21 Other people won't take kindly to anyone trying to tell them what to do today. Yes, that means you! It may be that you know best but that's not the point — the point is that everyone should be free to make their own mistakes.

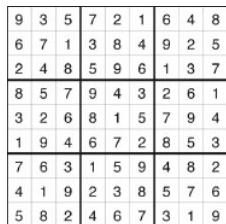
Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



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LOVE ALEX

Dear Jesse, every day with you feels like the first, so amazing and new. I'm always going to be in love with you. KARI

Dear, N, Z and M my beautiful 3 older siblings who have always been there for me thru the pretty and the ugly thank you for the advice thru out the years, I hope we always are this close. N

To that VIP person I met at MTCC a month ago. I am very much in love with you!!!! You are my soul mate!!! ME



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Today
Variable
25° / 15°

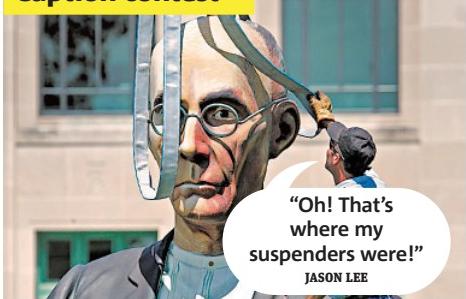


Saturday
Partly cloudy
23° / 15°



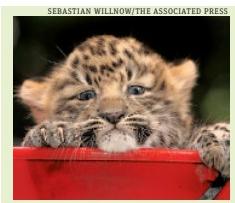
KELLY WILKINSON/THE ASSOCIATED PRESS

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